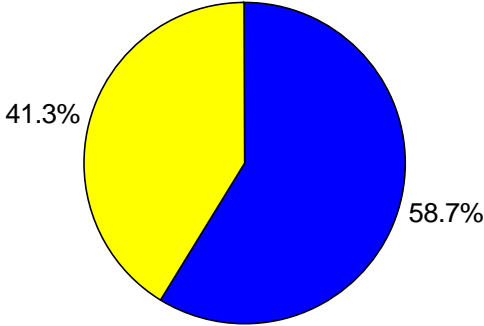


Aging Grants and Programs

103-02-Nutrition Services

Fund/Agency: 103/67	Aging Grants	<div>CAPS Percentage of Agency Total</div>  <div>■ Nutrition Services ■ All Other Agency CAPS</div>
Personnel Services	\$665,636	
Operating Expenses	\$1,597,616	
Recovered Costs	\$0	
Capital Equipment	\$0	
Total CAPS Cost:	\$2,263,252	
Federal Revenue	\$589,880	
State Revenue	\$169,888	
User Fee Revenue	\$0	
Other Revenue	\$310,564	
Total Revenue:	\$1,070,332	
Net CAPS Cost:	\$1,192,920	
Positions/SYE involved in the delivery of this CAPS	15/15	

► CAPS Summary

The goal of nutrition services provided by the Area Agency on Aging through congregate, home-delivered and liquid nutrient meals is to keep seniors, particularly those who are low income, healthy and in their own homes.

Aging Grants and Programs

Nutrition services for the elderly are offered to persons 60 and older, and their spouses. Congregate meals are funded under Title III (C-1) of the Older Americans Act (OAA) and are available to persons who participate in some senior centers and senior residences. A major goal of the congregate meals program is to encourage better nutrition and socialization. At senior centers, health screenings, education, and talks from a dietician are included in a program provided with the meal. A contribution for the meal is expected but cannot be required because of OAA funding restrictions. Congregate meals are provided at 22 locations: 14 County-operated senior centers, community centers, or recreation centers, two non-profit senior centers, one non-profit adult day care center, one Falls Church City senior center, and four County adult day health care centers. Evening meals are provided at two senior residences and weekend meals are provided at one senior residence. A donation is required for these resident programs.

Home-delivered meals are funded under Title III (C-2) of the Older Americans Act and are provided for homebound persons age 60 and over who are unable to prepare their own meals and have no one available to prepare food for them. Contributions are sought on a sliding scale basis.

The nutritional supplement program, also funded by Title III (C-2), provides liquid supplements for persons 60 and older who are Title XX eligible, unable to meet nutritional needs through normal food intake, and cannot afford to purchase essential nutrition products. A doctor's prescription is required to enter this program.

The County has designated the Fairfax Area Agency on Aging as a Federally-funded AAA and nutrition services are mandated to the extent that Federal and State funds, earmarked for nutrition services, are accepted and the local match is met [Older Americans Act, section 306 (a)(1)].

All meals are required to meet one-third of the current Recommended Dietary Allowance for individuals age 60 and older. Low sodium and diabetic diets are available in some areas.

► **Method of Service Provision**

Congregate meals are provided to on-site programs through contract with Fairfax County Public Schools (FCPS), Sunrise Assisted Living, Inc., and one private institutional kitchen. Meals are monitored by Department of Human Services Administration contracts staff. Programs at the congregate meal sites are provided by the County, city, and non-profit providers referenced above, with scheduled on-site visits by the public health nurse, dietitian, and other providers. Home-delivered meals are provided under contract with Inova Hospitals, FCPS, Cameron Glen Nursing Home, and the Reston Hospital, and delivered by volunteer organizations throughout the County to people's homes. Clients of the Nutritional Supplement Program are assessed by AAA staff for their specific need of this program. The Nutritional Supplement Program has several distribution sites where family, service providers, and volunteers can pick up the liquid supplement.

Aging Grants and Programs

► Performance/Workload Related Data

Title	FY 1998 Actual	FY 1999 Actual	FY 2000 Actual	FY 2001 Estimate	FY 2002 Estimate
Meals provided	426,766	425,005	430,823	430,823	430,823
Percent of clients satisfied with meal quality and quantity	NA	98%	90%	95%	95%
Percent of clients at nutritional risk without congregate meals	NA	23%	14%	20%	20%
Percent of clients at nutritional risk without home- delivered meals	NA	NA	54%	80%	80%